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## HOW NUTRITION COMMITTEES ARE COOPERATING IN THE FOOD CONSERVATION PROGRAM

We are devoting this issue to some representative reports of nutrition committee activities in support of the food conservation campaign. We know that other States, in addition to those mentioned in this issue, are carrying on vigorous programs and as we receive more specific information we will report further in later issues of the Nutrition News Letter.

As we are completing this issue, the administrative responsibility of the Citizens Food Committee is being re-assigned to Government agencies, although as you undoubtedly know from press accounts of these developments, the Citizens Food Committee has been reconstituted as the Citizens Food Advisory Committee and will continue to serve in an advisory capacity.

We have had many expressions regarding the important contribution the nutrition committees are making to the success of the food conservation program and continued support is being strongly urged.

**INDIANA.**—Chairman Cecilia Schuck and two members of the Indiana Nutrition Council were invited by the Governor to serve on the Citizens Food Committee. Before the first meeting of the Committee, the Council formulated the following recommendations for presentation to the Food Committee:

1. The food conservation program should be channeled through existing organizations and agencies as far as possible; for groups not reached in this way, special plans should be developed.

2. The program should be on the basis that there will be a long-time need for food and should include information on (a) saving food by reducing waste in garbage; (b) producing food in gardens which would include consideration of proper seed, careful planning, and use of fertilizer; (c) preserving and storing food with possible revival of community canneries; (d) controlling rats

which destroy annually thousands of dollars worth of food; (e) promoting good nutrition for everyone; (f) emphasizing to the public that there is a continuous need for good nutrition for all people at all times, what good nutrition is and how to attain it at various economic levels, and that proper preparation and use of foods will save meat and wheat.

**OKLAHOMA.**—The October meeting of the State Nutrition Committee, attended also by chairmen of many county committees, gave the food conservation program full support and emphasized the value of good nutrition and new research in the field of nutrition. The January meeting will be built around the theme of the food conservation program. In Oklahoma nutrition committees are organized in such a way that an intensive educational program can be carried to all parts of the State through county committees.

The State Committee has set up the following objectives for the year, according to Chairman H. Marie Pickett:

1. "Eat Wisely—Waste Less," a program based on sound nutrition, emphasizing food selection in keeping with the Basic 7 Food Guide and the National Food Conservation Program, coupled with an educational program on food conservation through proper storage, selection, and cooking methods.

2. Continuation of training schools for school lunch workers emphasizing food preparation, conservation, selection, and sanitation. A handbook to be used in training school-lunch workers will be prepared.

**NEW HAMPSHIRE.**—Several members of the State Nutrition Committee are working with mayors' committees on local programs.

In a meeting of the Committee on November 3, the members, as a group and as individuals, expressed interest in cooperating with all agencies working toward the conservation of food for our own country and for the program as a



whole. During the meeting, the executive secretary of the Granite State Restaurant Association told how his organization is trying to get restaurants to cooperate in conserving food.

TEXAS.—Steps by which State and local nutrition committee programs can be coordinated with the national and world food programs were considered at the annual meeting of the Texas Nutrition Council in Lubbock, October 25. A talk on "Current World Food Problems and What They Mean to Us" was given by J. C. Leukhardt, Assistant Chief of Nutrition Programs.

Under the general theme, Nutrition Education in the School, the program included a talk on "Making the Most of the School Lunch Program" by Mrs. W. B. Bogard of PMA; a symposium of technique on "Some Current Ways To Get Nutrition Ideas Across" led by R. J. Tannahill of Mary Hardin-Baylor College, which covered methods of integrating nutrition in elementary and high schools and college programs; and a panel "Sharing Responsibilities for Developing Good Eating Habits" led by Dr. Florence Scoular of North Texas State Teachers College. Participating in the panel were representatives of administration, elementary teachers, lunchroom managers, homemaking teachers, students, the medical profession, Congress of Parents and Teachers, and the community and State. The luncheon session was enlivened by a skit "Gentle Ghosts" prepared by Dr. Ruth Leslie Barrett, and a talk on the use of exhibits.

The films "Making a Good Food Better" and "Magic Food" were shown, and Chairman Jennie Wilmot spoke on "Our Challenge—The Texas State Nutrition Council." Officers for 1947-48 were announced; Dr. Jessie Whitacre of the Texas Agricultural Experiment Station is the new chairman.

A bulletin "Some Important Factors Causing Spoilage and Poor Quality in Home Canned Foods" and a chart "Prevent Spoilage and Poor Quality in Home Canned Foods" were prepared by Mrs. Winifred Leverenz and O. B. Williams at the University of Texas. Copies can be obtained by writing Mrs. Leverenz, now at Box 35, Wallowa, Oreg.

MARYLAND.—The chairman of the State Nutrition Committee, Dean Marie Mount, reports that a number of members of the nutrition group, both in Baltimore and the State, were appointed by the Mayor

to the Baltimore Citizens Food Committee. Both home economics and nutrition were well represented in these appointments.

IOWA.—The State Nutrition Council is centering its fall and winter work around the food conservation project and is supporting the Governor's program, Chairman Florence Unash reports. Material from the Citizens Food Committee is distributed to members of the Iowa Restaurant Association, to dietitians in the Iowa hospitals and institutions, and to each school through the Department of Public Instruction. Members of the Nutrition Council are giving publicity in support of the program through newspaper releases and radio broadcasts.

PUERTO RICO.—The Executive Committee of the Puerto Rico Nutrition Committee, for the dual purpose of solving existing nutrition problems in the island and of participating in the national campaign for increased food production and conservation, has developed a tentative plan of work for this year which includes:

1. Celebrating Nutrition Week, probably next May.
2. Working toward insular legislation to insure consumption of enriched rice, rather than the usual polished form.
3. Cooperating with the recently organized Puerto Rico Nutrition Institute.
4. Working to amend the flour enrichment act approved by the Governor on May 5, 1945, so that it will cover crackers and other bread substitutes.
5. Sponsoring an education campaign for better menus and the serving of better meals in public eating places.
6. Exhibiting more nutrition films by schools, health agencies, and others.
7. Establishing close relations with Latin-American countries toward a better understanding of nutrition problems of these countries and the island.
8. Participating actively in the Citizens Food Committee campaign.

It was decided in a meeting called by the Governor that the campaign in Puerto Rico will be directed toward better utilization of available foods and elimination of food waste.

Mrs. Margarita Pont Marchand, President of the Puerto Rico Nutrition Committee, lists as achievements during the past year:

1. Organization of a nutrition section in the Puerto Rico Public Health Association. The Committee took active part in several activities of this association.

2. Initiation of long-time campaigns regarding (a) the planting of fruit trees along the main roads of the island in cooperation with Insular Departments of Interior, Education, Agriculture, and Commerce, and the Agricultural Experiment Stations; and (b) an educative campaign carried out jointly by the Committee and the Public Health Association for the use of nonfat dry milk by the public.

3. Preparation of a bulletin giving general information about the committee.

VERMONT.—Milla Newman, chairman of the State Nutrition Committee, reports that the committee is represented on the Vermont Citizens Food Committee.

During the month of October the Vermont Nutrition Committee conducted radio programs stressing famine relief. This was part of a broad plan to inform the public by radio, press, and personal talks about the following points:

- (1) Incidence of malnutrition in Vermont;
- (2) the factors that are lacking in diets and how to obtain them economically;
- (3) spending of the food dollar;
- (4) prevention of food waste;
- (5) how to substitute plentiful foods for those which are scarce;
- (6) providing seasonal market news and giving the best buys from the standpoint of food values;
- (7) Freedom Gardens for 1948; and
- (8) school lunch program.

WASHINGTON.—Studies showing the extent of food waste have been reported by Dr. Velma Phillips, chairman of the Washington Nutrition Committee. A class in consumer buying at the State College made a study of the amount of food left uneaten on plates by students. The uneaten food consisted of bread, butter, milk, and salads, and its cost ranged between 2 and 24 cents per day per student with an average of 8 cents. Food waste found in other studies has averaged approximately 10 percent. On the basis of 8 cents a day per person, the cost of food wasted by all the students at Washington State College would amount to \$537.60 a day, and for the academic year it would amount to \$96,768 worth of good food. She said that this waste could be eliminated by each girl helping herself sparingly and going back for seconds if she needed more. It would also help if girls do not take foods they

are not going to eat, as for example, many take bread or rolls and then never touch them.

In the same study a young married housekeeper reported that she found she was throwing out food worth 27 cents a day. She pointed out that in a year, for two people, this would be almost \$20 worth of food wasted, and that this would pay for two CARE packages to Europe. This housekeeper suggested as a solution better use of left-overs, using water in which vegetables were cooked, more exact recipes, and better equipment.

As a result of the study students are preparing weekly articles for the college paper and the news letter that goes to the wives of students. They are giving suggestions on how to save and follow the program of the Citizens Food Committee, and supplying recipes and menus that have been developed in the food classes. In round table discussions before high school, college, and adult groups, they are giving information on how to prevent waste and cooperate with the Citizens Food Committee.

CHICAGO, ILL.—The chairman of the Chicago Citizens Food Committee met with a special committee of the Chicago Nutrition Association and together they developed some general principles for conservation and worked out some sample menus. This special committee will serve in a consulting capacity to the over-all Citizens Food Committee. The association's regular Food Conservation Committee will follow through on any further activities, such as the preparation of grocery lists and the mailing of additional materials.

GEORGIA.—Chairman Lurline Collier, while presiding at the quarterly meeting of the Georgia Nutrition Committee in Atlanta on October 28-29, emphasized that the committee desired to cooperate with the Citizens Food Committee and to interpret its action programs to citizens through existing county nutrition committees.

The program of the Georgia Citizens Food Committee was outlined by Richard Florrid, representing the Atlanta and Georgia Restaurant Associations. He stated that the groups he represented will follow national policy to the fullest degree.

In presenting the Freedom Garden Program, Georgia Extension Director W. S. Brown gave its goal as 20 million gardens in addition to normal farm gardens. J. C.



Leukhardt, Assistant Chief of Nutrition Programs, discussed world food problems and what nutrition committees can do to help solve them, and stressed that the wise use of available food is the core of the present food program.

Other speakers included Dr. George Lewis of Emory University, who reviewed some nutrition experiments made to assay nutritional levels, and Dr. John Haldi, also of Emory, who discussed experiments to evaluate the effect of diets of various levels of carbohydrate intake on various physiological reactions.

At the final session reports were presented by subcommittees on food production and distribution, diet planning and food habits, food preparation, food preservation, information and publicity, organization, and economical diets. All these reports emphasized measures that would aid in enlarging and conserving our food supply, and in expediting the work of the committee. A subcommittee was appointed to develop a recommended library list. Representatives offered the cooperation of their agencies in the committee's program.

ARKANSAS.—Chairman Alma Keys writes that the State Consumer Nutrition Committee is working currently to help make the Citizens Food Committee program effective in Arkansas.

To improve the nutritional status of all people in Arkansas was adopted as the over-all objective by the State Consumer Nutrition Committee at its meeting September 20. In addition, the committee voted to continue as a coordinating group at State level, and to concentrate its educational efforts for this year on helping families understand the importance of good protein in the diet and to know and use inexpensive proteins, such as soya products and milk solids. Each person present told how her agency could help accomplish these goals.

CONNECTICUT.—The State Nutrition Committee sent a letter October 2 to community nutritionists and food editors of daily papers and radio stations, asking for their cooperation and suggestions for supporting the Citizens Food Committee program. They were also requested to intensify their efforts to inform the public on food prices, wise buying, recipes and menus, food substitutes and equivalents, and the domestic and international need for a food conservation program to build up public acceptance and full cooperation.

The State committee has now reorgan-

ized as the Connecticut Nutrition Council. At the Council's October meeting, Dr. Stanley H. Osborn, Chairman of the State's Citizen Food Committee, outlined the conservation program. At the November meeting the materials from the Citizens Food Committee were distributed and discussed so that Council members could follow through in their existing organizations and channels.

Local nutrition groups are active and have developed some effective materials, State Chairman Martha Smith Fry says. The Bridgeport Nutrition and Health Newsletter (described in the November Nutrition News Letter) emphasized the food conservation program. The Red Cross and Greenwich Nutrition Committees developed a table tent for restaurants carrying the Citizens Food Committee slogan, and are also publishing a weekly flyer on food conservation. The Hartford Nutrition Committee issued a bulletin entitled "Modern Food Magic," and the Extension Service has a leaflet on "Reducing Food Costs." Some excellent material has also been prepared by the State Department of Health.

ILLINOIS.—At the fall conference of the State Nutrition Committee at Springfield November 8, with representatives from more than 50 counties and from 18 organizations attending, plans were made to help groups and individuals promote an active nutrition program in the family, school, and community.

The Citizens Food-Saving Program was discussed as to purpose and need, and suggestions were made for carrying it out.

Interest and enthusiasm were high throughout the session, and a committee was appointed to set up plans for the spring conference and to consider the advisability of scheduling a nutrition workshop or refresher course for early summer, Dr. G. L. Jordan, chairman of the committee, reports.

Sincerely yours,



M. L. Wilson, Chief  
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W. H. Sebrell, Associate Chief  
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